

# HUMOR

Health Promotion Program  
Navy Environmental Health Center





# Humor



- How good is your sense of humor?
- How often do you laugh?
- Do you use humor to help with stress?



- Is it something you lost?



# Humor



- An excellent stress buster.
- Fun and healthy activity
- Laughing has been called-  
“inner jogging”
- Wonderful way to relieve  
anxiety and to cope!



**The arrival of a good clown  
exercises more beneficial  
influence upon the health of a  
town than twenty asses laden  
with drugs**

**Thomas Sydenham  
17th Century Physicain**



# Research on Humor

- Experts say that humor- lowers pain threshold, boosts immune system, and may burn calories.
- Those who use humor are less likely to become upset, and it reduces stress levels.
- Humor is a way to connect with others



# Why Humor Helps

- Gives us a break!
- Refreshes and renews!
- Helps to counter distress
- Gives us hope, and happiness
- Offers a new perspective!
- It is a lot of fun!



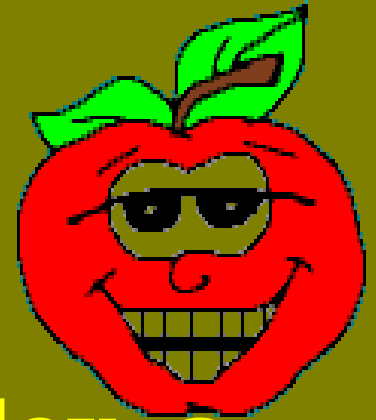
**“You cannot deal with the most serious things in the world unless you understand the most amusing.”**



Winston Churchill



# Scientists Definition of Laughter



A psycho-physiological reflex, a successive, rhythmic, spasmodic expiration with open glottis and vibration of the vocal chords, often accompanied by a baring of the teeth and facial grimaces





# How to use Humor?



**Lots of effective ways to improve  
our  
laughter and humor!**





# Hang with Humorous Others

- Do you associate with others who are funny and laugh?
- Seek out people who tickle your funny bone, improve your mood, engage your wit, and with whom you feel positive!
- Remember that a laugh is contagious!



# Smile

- Flash those pearly whites



- Remember that putting on the happy face and smiling may change your attitude, feelings, thoughts and behavior!
- If you're not feeling good, remember what your parents said- Fake it 'til you make it!



**When you smile, things  
seem to smile back**



**Allen Klein**



# Laugh at Yourself!

- Consider laughing at yourself!
- How often do you take everything too seriously?
- Can you poke fun at your mistakes, seriousness and perfections?
- When did you last laugh at your own expense?



# Magnify

- Exaggerate!
- How frequently do you use exaggeration humor in your life?
- Consider the use of humor to overdo and exaggerate the situation and put things into a different (and better) perspective...



# Use Humor

- Is there humor to be found in your bumps and lumps?



- Break out your personal humor survival kit and put it to use!



# Negative Humor



- Some types of laughing and humor may be harmful to you and others!
- Beware of ridicule, sarcasm and slights!
- Other types of inappropriate laughing and humor may hurt, rather than cheer up someone, and may release your hostility...

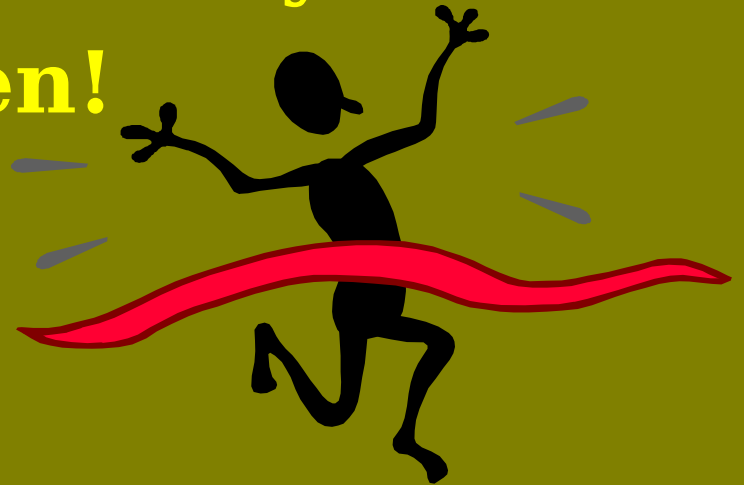






# Remember

- Expose yourself to humor often!
- Find humor wherever you are
- Laugh more often!
- Practice...



**“Humor is a wonderful gift for living with our imperfection; it is the synapse between the perfection we seek and the imperfection we have”**



**Joel Goodman**



# References

- Based upon the works of- Dr's David Sobel and Robert Ornstein in *The Healthy Mind, Healthy Body Handbook*, Publisher DRx, Los Altos, CA., 1996, and Margaret Baim and Loretta LaRoche- Jest 'n Joy in *The Wellness Book*, Fireside, New York, NY, 1992.

